



National Senior Nutrition Program Month

Since 1972, the national Senior Nutrition Program has supported nutrition services for older adults across the country. Funded by the Older Americans Act ([OAA](#)), local programs serve as hubs where people 60 and older and those younger with a disability, find healthy meals and other vital services that strengthen social connections and promote well-being.

Every March, we celebrate our program's anniversary and the many accomplishments of the national and local programs. We promote how nutrition services help people stay independent as they age, and we highlight critical senior nutrition issues.

The 2023 theme is “*Cooking Up Community*”. It pairs one of the most prominent elements of our program – food – with one of its most important aspects – community. Through the national program, local providers serve, build, and better their communities through meals, social connections, educational programming, and so much more.

In Connecticut, our senior nutrition program provides nutrition services for older adults in our community, including home-delivered meals and meals served in group settings like senior centers. Our services also offer a vital link to other home and community-based supports that increase socialization, independence, and well-being.

Last year, we served 1,806,806 home-delivered meals to 10,330 individuals and 293,028 congregate meals to 9,241 individuals at cafes and pandemic-safe events such as grab-and-go and curbside pickup. Our program goes beyond food – we work to reduce social isolation and focus on overall health and well-being. We connect older adults with other community supports like falls prevention classes, SNAP, Energy Assistance, and housing. To find a meal program near you, contact your local Area Agency on Aging or Elderly Nutrition Providers.

Eastern Connecticut Area Agency on Aging/Senior Resources Agency on Aging
19 Ohio Ave, Suite 2, Norwich, CT 06360
Phone: (860) 887-3561
Website: www.seniorresourcesec.org/

North Central Area Agency on Aging
151 New Park Ave, Box 75, Hartford, CT 06106
Phone: (860) 724-6443
Website: www.ncaaact.org/

Agency on Aging of South Central Connecticut
117 Washington Ave, Suite 17, North Haven, CT 06473
Phone: (203) 785-8533
Website: www.aoascc.org/

Southwestern Connecticut Area Agency on Aging
1000 Lafayette Blvd, 9th Floor, Bridgeport, CT 06604
Website: www.swcaa.org/

Western Connecticut Area Agency on Aging
84 Progress Lane, Waterbury, CT 06705
Phone: (203) 757-5449
Website: www.wcaaa.org/